



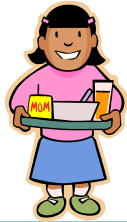
Maine
Department of
Education



Lunch/Supper Meal Pattern

must contain 4 components (5 items)

- ✓ 1 milk
- ✓ 2 fruit/vegetable
- ✓ 1 grains/breads
- ✓ 1 meat/meat alternate



SFSP Meal Pattern

- ❑ For a lunch or supper to be a reimbursable meal it must contain:
 - **One serving of milk (8 fl. oz.);**
 - **Two or more servings of vegetables and/or fruits (combined must equal $\frac{3}{4}$ cup);**
 - **One serving of grain/bread (varies);**
and
 - **One serving of meat or meat alternate (2 oz.)**

<p>Milk</p> <p>Milk, fluid</p>	<p>1 cup (8 fl. oz.) *₂</p>
<p>Vegetables and/or Fruits*₁</p> <p>Vegetable(s) and/or fruit(s), or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice</p>	<p>$\frac{3}{4}$ cup <u>(2 varieties)</u></p>
<p>Grains and Breads *₂</p> <p>Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal.*₆ or Cooked pasta or noodle product or Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads</p>	<p>1 slice</p> <p>1 serving</p> <p>$\frac{3}{4}$ cup or 1 oz.</p> <p>$\frac{1}{2}$ cup</p> <p>$\frac{1}{2}$ cup</p>
<p>Meat and Meat Alternates</p> <p>Continued on the next slide</p>	<p>continued ↓</p>

Meat and Meat Alternates	
Lean meat or poultry or fish* ₃ or alternate protein product	2 oz.
Cheese or	2 oz.
Eggs or	1 large egg
Alternate Protein Product or	2 oz.
Cooked dry beans or peas or	1/2 cup
Peanut butter or soy nut butter or other Nut or seed butters or	4 tbsp.
Peanuts or soy nuts or tree nuts or seeds* ₄ or	1 oz. =50%
Yogurt* ₅ , plain or sweetened and flavored or an equivalent quantity of any combination	8 oz. or 1 cup
For the purpose of this table, a cup means a standard measuring cup	
*Indicated endnotes can be found on the next page.	

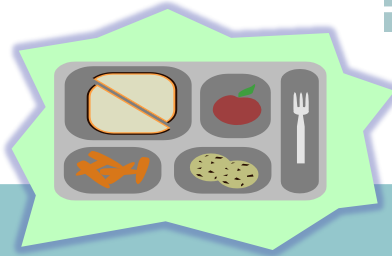
Endnotes

1. For lunch or supper, **serve two or more varieties of vegetable(s) and/or fruit(s)** or a combination of both.

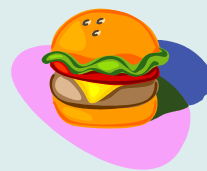
Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the week.

Endnotes

2. Breads and grains must be made from whole-grain or enriched meal or flour.
3. A serving consists of the edible portion of cooked lean meat or poultry or fish.
4. Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.
5. Yogurt may be plain or flavored, unsweetened or sweetened.



EXAMPLE:				
Monday 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10
<p>1 Shredded Cheddar Cheese 1 oz., Diced Turkey 1 oz.</p> <p>2 Romaine Lettuce 1/2 cup</p> <p>3 Peas -1/4 cup</p> <p>4 Bread Stick 1 ea</p> <p>5 Milk- 8 fl oz.</p>	<p>1 Chicken Nuggets- 2 oz.</p> <p>2 Biscuit .9 oz.</p> <p>3 Steamed Broccoli 1\4 cup</p> <p>4 Mandarin Oranges 1/2 cup</p> <p>5 Milk 8 fl oz.</p>	<p>1 Beef & Cheese Burrito (1.5 oz. beef, 1/2 oz. cheese, 10" tortilla)</p> <p>2 Mexican Corn 1/4 cup</p> <p>3 Orange Wedges- 1/2 cup</p> <p>4 Milk -8 fl oz</p>	<p>1 Ham on Bun (2 oz ham & lettuce leaf)</p> <p>2 Potato wedges- 1/2 cup</p> <p>3 Fresh Strawberries- 1/4 cup</p> <p>4 Milk- 8 fl oz</p>	<p>1 Chicken Wrap w/ lettuce & cheese (1 1/2 oz. chicken, 1/2 oz. cheese, and 8" tortilla)</p> <p>2 Carrot sticks- 1/4 cup with dip</p> <p>3 Pineapple chunks 1/2 cup</p> <p>4 Milk- 8 fl oz.</p>



Offer Versus Serve is an option for reducing food waste



- ✓ The child must be *offered* five food items from the four food components in at least the minimum serving size for the appropriate age group.
- ✓ Children must select three or four of the five food items offered.





Maine
Department of
Education

<http://www.maine.gov/education/sfs/>

USDA is an equal opportunity provider and employer.

State

This institution is an equal opportunity provider. In accordance with State law this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, sexual orientation or disability. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination, write Maine Department of Education, Civil Rights Officer, 23 State House Station, Augusta, ME. 04333, or call (207)624-6820. Maine is an equal opportunity provider and employer..